



Islamic Association of North Texas

Tel: 972-231-5698, Fax: 972-231-6707
P.O. Box 833010, Richardson, Texas 75083
840 Abrams Road, Richardson, Texas 75081

Date: February 12, 2026

Subject: Physical/Strenuous Activities During Ramadan

To Whom it May Concern:

The undernamed employee/student is currently observing Ramadan. Ramadan is the holiest month in the Islamic calendar. Muslims who are physically able to do so are required to abstain from food and drink—including water—and thus fast from before sunrise to sunset.

Therefore, pursuant to (i) Texas EDUC § 51.911 and (ii) 42 U.S.C. § 2000e, we ask that you allow the undernamed employee/student to be excused, as the case may be, from (x) physical education courses, (y) sports courses, and (z) other strenuous work-related and/or school-related activities and obligations.

This year, Ramadan will run from the evening of **Tuesday, February 17, 2026**, through the evening of **Thursday, March 19, 2026**.

If you have any questions, please do not hesitate to call our mosque at **972-231-5698** or email us at staff@iant.com.

Employee/Student Name: _____

With gratitude,

Shayan R. Gaziani
Vice President
Islamic Association of North Texas